

ABSTRACT OF THE DISCLOSURE

A multi-layered disc (D1, D2, D3) is provided with a plurality of recording layers laminated with each other in a direction of a normal line of the recording layers, in each of which an information data recording area (2, 4) for recording information data and a control data recording area (1, 3) for recording control data to control an operation of recording and/or reproducing the information data are disposed on a same plane, the control data being recorded by a CAV method over a plurality of tracks in the control data recording area. The control data recording area in each of the recording layers is disposed such that the control data recording area (1) of one of the recording layers is not superimposed with the control data recording area (3) of another of the recording layers in the direction of the normal line.